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EVEN AS A YOUNG DUDE, BOWIE WAS CONTRIBUTING SONGS & MUSIC TO THE MOVIES. METRO LOOKS AT SOME OF THE DIAMONDS & THE DOGS PAGES 12 & 13

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City, province hoping for road funding from feds

Financial plan.

Federal infrastructure spending high on list for Struthers and Katz

SHANE GIBSON
shane.gibson@metronews.ca

Eyes across Canada will fall squarely on Finance Minister Jim Flaherty Thursday as he releases the Conservative government's 2013 budget.

Here in Winnipeg, Mayor Sam Katz has his fingers crossed the financial plan will include a new long-term plan for municipal infrastructure.

The city currently receives eight cents from every tax dollar collected in Winnipeg, and Katz told reporters Wednesday that's not fair.

"It's time to ... change the way the pie is being distributed," he said, noting he'd like to see the city's share doubled to pay for work like upgrades to our water and sewer system. "Then we can start addressing a $3.4-billion infrastructure deficit that exists today."

Infrastructure is also top of mind for Manitoba's Finance Minister Stan Struthers, who said he wants to see what the feds plan to do to replace the Building Canada Fund, which dries up in 2014.

Struthers said federal disaster relief funding, health care funding, and exactly what the Tories plan to do with existing labour market development agreements with provinces are also important things he'll be watching, especially as he gets ready to release the province's budget April 16.

"We need to know what Ottawa is doing either with us, or to us," he said.

Philippe Cyrenne, chair and professor of economics at the University of Winnipeg said the same things our leaders are watching are what Manitobans should be paying attention to as well.

"The discretionary items are the things to look for," he said.

Online coverage

Flaherty will read the federal budget at 3 p.m. Winnipeg time. Watch metronews.ca for coverage.

Officials from both the city and the province are hoping for infrastructure dollars from today's federal budget announcement from Finance Minister Jim Flaherty. ADRIAN WYLD/THE CANADIAN PRESS

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Parker lands transit route gets green light

Council decision.
Wetlands group co-chair vows to fight on

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A majority of city council members have chosen the Parker lands as their destination for the second phase of Winnipeg's rapid-transit plan.

In an 11-5 vote, council approved amending the city's Transportation Master Plan to include alignment 1B in the Southwest Corridor, which would link downtown Winnipeg to the University of Manitoba.

Several members, including ward Coun. John Orlikow (River Heights-Fort Garry), spoke against the route, bringing up several issues that touched on environmental and financial concerns.

Coun. Justin Swandel (St. Norbert) said the true cost of this alignment is not known because a report did not take into account how much the city may have to pony up to buy land from companies such as Manitoba Hydro.

Cal Dueck, co-chair of the Parker Wetlands Conservation group, also spoke against the 1B alignment. He said he expected this result and won't be backing down.

"We are gung-ho, we're going to go ahead, we're going to get thousands more signatures," said Dueck.

"We want the people of Winnipeg to know that this is not finished, it's just started, and I think we have a very good chance of protecting the Parker wetlands."

Harry Wolbert of the Winnipeg Transit Riders Association, however, spoke in favour of the 1B alignment, adding there have been enough studies and the time to act is now.

Cal Dueck of the Parker Wetlands Conservation said his group will continue to lobby for an alternative route for the second phase of Winnipeg's rapid transit. BERNICE PONTANILLA/METRO

Roll call

The councillors who voted against alignment 1B:

- John Orlikow, Ross Eadie, Paula Havixbeck, Harvey Smith and Justin Swandel.

Police board loses appointee; vote delayed

Coun. Scott Fielding METRO

The City of Winnipeg is conducting a ground search for a new appointee to the Winnipeg Police Board.

On Wednesday, protection and community services chair Coun. Scott Fielding (St. James-Brooklands) announced during a council meeting that one of the city's appointees had withdrawn his name for the board.

In light of the need for a new member, Fielding asked to hold the approval of the appointments for 60 days, which is what council did.

Fielding didn't reveal the name of the person who withdrew during the meeting, but he later told media it was businessman Glenn Karr, the president of Superblinds and Draperies.

"Everyone has a right to apply and everyone has a right to withdraw," said Fielding, who has also been appointed to the board.

"We'll be looking for another candidate. We had over 80 applications that were there. (We'll) go through the process and bring that candidate forward."

BERNICE PONTANILLA/METRO

Motion

Councillors look to N.Y.C. for grocery strategy

Taking a look at how the Big Apple was able to entice grocery stores back to areas previously abandoned was the subject of a motion presented during Wednesday's council meeting.

Moved by councillors Ross Eadie (Mynarski) and Jenny Gerbasi (Fort Rouge-East Fort Garry), the motion asks city officials to study what New York did and report back to council if some of these incentives can be applied to Winnipeg's downtown and less affluent neighbourhoods.

The motion was automatically referred to executive policy committee.

BERNICE PONTANILLA/METRO

Back-and-forth

Katz coy on re-election

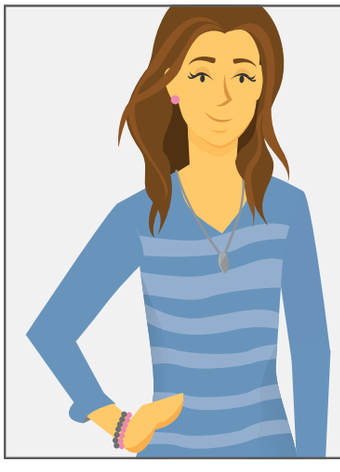
A councillor's question to Mayor Sam Katz on whether he's going to run again led to a humorous spar between the two.

Coun. Justin Swandel (St. Norbert) said for "stability" at city council, Katz should declare if he's running for a fourth term in office.

Katz suggested that his wife be consulted, which prompted Swandel to say, "Perhaps I'll call the mayor's wife to see if he's as good on the dance floor at he is at dancing here in the chamber."

Katz replied, "Much better."

BERNICE PONTANILLA/METRO



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Opening day: Two major stores set up shop in Winnipeg

It was opening day for two major stores in Winnipeg Wednesday. Left: Monica Mellor from Île-des-Chênes was one of the first to check out Bouclair Home, IKEA's first neighbour to set up shop at the Seasons of Tuxedo development on Sterling Lyon Parkway. Right: Long-time Blue Bomber season ticket holder Al Magnusson stopped by the new Bomber Store at Investors Group Field to buy a new hat and take a look at the new 4,000-square-foot space. SHANE GIBSON/METRO

Crime Stoppers. Man wanted in connection with bank robbery

Winnipeg police are looking for a man they say has connections to a bank robbery late last year.

On Dec. 20, 2012, a bank on Kenaston Boulvard was robbed and the suspect made off with an undisclosed amount of cash.

No one was hurt.

Police have issued an arrest warrant for Roy Samuel Williams, 33.

He is described as aboriginal, 6 feet tall, 195 pounds with brown hair, eyes and a possible goatee.

Roy Samuel Williams
METRO/WPS HANDOUT

Anyone with information is asked to call 204-986-6219 or Crime Stoppers at 204-786-TIPS. METRO

New bridge? Manitoba town awaits answer from province on request

People in a community south of Winnipeg are hoping the provincial government will tell them soon whether a local bridge over the Red River will be replaced.

The aging structure at St. Jean Baptiste was demolished last month in a controlled explosion after the crossing was closed in October when it was declared unsafe.

Area residents say the shutdown has forced them to travel several kilometres out of their way when they have to cross the river.

Manitoba Infrastructure and Transportation explained to more than 370 people at a public meeting Tuesday why the bridge had to come down, but gave no indication if and when a new structure will be built.

Brent Manning, an area resident who sits on a local bridge committee, says they will seek a meeting with the minister responsible to press the need for a new river crossing.

Engineers have estimated that a replacement bridge would cost more than $50 million and take up to five years to plan and build.

THE CANADIAN PRESS

Clifton Street

Kids approached by man in truck

Winnipeg police are warning parents about a man approaching kids in the Sargent Park area. Police said a girl, 8, and a boy, 9, were approached on Clifton Street at about 9:15 a.m. by a man they didn't know in a white truck. The man pulled over alongside the kids and offered them candy. The kids ignored the man and ran away to notify their caregivers. The man is described as white, unshaven, wearing a black toque and was driving a white 2-door truck. Anyone with info is asked to call police at 204-986-2839. METRO

Churchill

Former CAO charged with fraud

The former CAO of Churchill has been arrested and charged with fraud after bogus invoices took more than $140,000 out of the town's coffers last summer.

Churchill RCMP arrested Albert William Meijering, 44, of the RM of Springfield on Tuesday after an investigation started last November found two fraudulent invoices were filed between August and September 2012.

Meijering is facing two counts of fraud over $5,000, two counts of theft over $5,000 and one count of breach of trust. METRO

‘Just watch me’ be PM: Trudeau

Scribbled reply. Liberal leadership contender echoes father’s words

The confident reply. CONTRIBUTED/IMGUR.COM; INSET: FRED CHARTRAND/THE CANADIAN PRESS

Forty-two years after it was first uttered, the Trudeau challenge is back.

“Just watch me,” Justin Trudeau scribbled in a note on Tuesday night, when a fellow passenger on his flight, Michael Kydd, asked whether the Liberal leadership contender could defeat Prime Minister Stephen Harper.

Trudeau replied by invoking his father’s famous phrase during the FLQ crisis of 1970, when a band of Quebec separatists kidnapped a British diplomat and a cabinet minister.

Then-prime minister Pierre Trudeau was asked how far he would go in the suspension of civil liberties during the crisis.

“Well, just watch me,” he said at the time.

It turns out Kydd will be “just watching” Trudeau, however. Kydd acknowledged he’s a lifelong Conservative.

Harper’s communications director, Andrew MacDougall, was having some fun, too, by putting out his own scribbled note on Wednesday. A photo was posted on Twitter with a question: “Hey Andrew, what do you think about Justin Trudeau’s ‘just watch me’ quote?”

The reply: “Fuddle Duddle! Andrew.”

(“Fuddle duddle” was what Pierre Trudeau claimed he said during a stormy session in the Commons. Others said it was a well-known obscenity.)

TORSTAR NEWS SERVICE

‘Ugly’ politics. Commons speaker forced to break up partisan name-calling

Things certainly got a bit ugly in the House of Commons.

With Opposition accusations flying over the resignation last week of Labrador MP Peter Penashue, Prime Minister Stephen Harper again heaped praise on his former intergovernmental affairs minister.

Harper told the Commons he expected the Conservatives would run a clean campaign in a byelection in which Penashue has pledged to run.

But he also suggested the Liberals were already running a “negative, ugly campaign” against Penashue.

That prompted an exchange with interim Liberal Leader Bob Rae, with the Commons speaker forced to break up the verbal melee.

Rae told the House the Conservatives had only to look in the mirror if they wanted to see ugly.

Penashue resigned his cabinet post and his seat in the Commons last week after Elections Canada found his election campaign had accepted 28 ineligible donations.

The PM continues to back his former intergovernmental affairs minister. ADRIAN WYLD/THE CANADIAN PRESS

He has since pledged to run in a byelection and is being supported by the prime minister, even though Elections Canada is continuing to investigate.

The opposition parties have accused Harper of acting immorally by allowing Penashue to run in a byelection after being caught “buying” his last election.

THE CANADIAN PRESS

$2.4-billion hike

Nuclear waste spikes deficit

A sudden $2.4-billion revision to Canada’s nuclear liabilities has crept up on Finance Minister Jim Flaherty and substantially deepened the deficit for the current fiscal year.

Atomic Energy of Canada quietly announced Tuesday night that the expected long-term cost for disposing of nuclear waste has risen.

THE CANADIAN PRESS

B.C. Court of Appeal

Assisted suicide ban called ‘torture’

Forcing patients to suffer agonizing deaths without the power to ask a doctor to end their lives is like “torture,” a lawyer told the B.C. Court of Appeal Wednesday. Joseph Arvay said the ban leads patients to end their lives early because they know they won’t receive help if they become debilitated later.

THE CANADIAN PRESS

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Pregnancy. DNA from three researched to prevent passing on genetic diseases

Britain's fertility regulator says it has found broad public support for in vitro fertilization techniques that allow babies to be created with DNA from three people for couples at risk of passing on potentially fatal genetic diseases.

It also found there was no evidence to suggest the techniques were unsafe, but said further research was still necessary.

Critics, however, slammed the decision as a breach of ethics, saying there were already safe methods like egg donation to allow people to have children without mitochondria defects.

Britain's Human Fertilisation and Embryology Authority began a public discussion of the topic at the government's request last year.

"Although some people have concerns about the safety of these techniques, we found that they trust the scientific experts and the regulator to know when it is appropriate to make them available to patients," Lisa Jardine, chair of the group, said in a statement Wednesday.

British law forbids altering a human egg or an embryo before transferring it into a woman, so such treatments are currently only allowed for research. Similar research is going on in the U.S.

About one in 200 children every year in Britain is born with a mitochondrial disorder. Mistakes in the mitochondria's genetic code can result in serious diseases.

THE ASSOCIATED PRESS

Genetic-disease research

"The sole aim (is) preventing a potentially fatal condition from being passed down to the next generation."

Marita Polschmidt, director of research at the Muscular Dystrophy Campaign

All-smiles with Baby on Board

The Duchess of Cambridge smiles at the Queen after she receives a "Baby on Board" badge. It's available to pregnant passengers on London's Tube to let others know they may need a seat. The Royals were celebrating the underground's 150th anniversary. MATT DUNHAM/THE ASSOCIATED PRESS

OMA. Ontario doctors want crackdown on antibiotic use in farming

The Ontario Medical Association wants the federal and provincial governments to crack down on antibiotic use in farming.

The organization is issuing a call to arms on the problem of antibiotic resistance, warning the world is in danger of losing these drugs because of misuse.

A policy paper drafted by the OMA says Ontario should ban the use of antibiotics as growth promoters in food-animal production.

Farmers currently feed antibiotics to healthy animals both to prevent them from becoming ill and to accelerate growth.

Many more tonnes of the drugs are used in agricultural operations than in human medicine and experts say the practice is fuelling development of resistance.

OMA president Dr. Doug Weir says Canada has been slower off the mark to act to protect antibiotics than countries in Europe and the United States. The U.S. Food and Drug Administration has barred the disease-prevention use of a class of antibiotics called cephalosporins in animal production, but the practice is not banned in Canada.

The OMA says governments should close loopholes that allow farmers to import the drugs. THE CANADIAN PRESS

'A serious problem'

OMA president Dr. Doug Weir says Canadians do not appear to understand that if antibiotic use isn't curbed, the world faces a future in which some infections will be incurable.

- The OMA wants access to antibiotics for agricultural operations to be limited to cases where veterinarians write prescriptions. Currently farmers use the drugs without surveillance.

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Networks crash at S. Korean banks, media companies

Cyberattack. North Korea is suspected of being behind the attack that paralyzed ATMs across South Korea

An employee works near a computer with an error message at the Seoul newsroom of all-news cable channel YTN after the South Korean broadcaster's computer network was paralyzed on Wednesday. Computer networks at major South Korean banks and top TV broadcasters crashed en masse. YONHAP/THE ASSOCIATED PRESS

A cyberattack caused computer networks at major South Korean banks and top TV broadcasters to crash simultaneously Wednesday, paralyzing bank machines across the country and prompting speculation of North Korean involvement.

Screens went blank at 2 p.m., the state-run Korea Information Security Agency said, and more than seven hours later some systems were still down.

Police and South Korean officials couldn't immediately determine responsibility and North Korea's state media made no immediate comments on the shutdown. But some experts suspected a cyberattack orchestrated by Pyongyang. The rivals have exchanged threats amid joint U.S.-South Korean military drills and in the wake of UN sanctions meant to punish North Korea over its nuclear test last month.

The network paralysis took place just days after North Korea accused South Korea and the U.S. of staging a cyberattack that shut down its websites for two days last week. Loxley Pacific, the Thailand-based Internet service provider, confirmed the North Korean outage but did not say what caused it.

THE ASSOCIATED PRESS

2011 massacre

Norway sets $19M to fight terror

The Norwegian government has pledged an extra 109 million kroner ($19.4 million) this year to improve terror preparedness following the July 22, 2011, massacre when a right-wing extremist killed 77 people in a bomb attack and shooting rampage.

THE ASSOCIATED PRESS

Potential arms race

N. Korean bank sanctions sought

A senior Republican lawmaker pushing for tougher U.S. banking sanctions on North Korea says the isolated nation's development of a nuclear weapon could trigger an atomic arms race in East Asia. House Foreign Affairs Committee chairman Ed Royce said Wednesday that South Korea, Japan and Taiwan might seek nuclear weapons if Pyongyang miniaturizes a nuclear warhead it can mount on a missile. THE ASSOCIATED PRESS

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Ethan Yellowbird

Boy's teen killers say they're sorry

Three teens convicted in the shooting death of a five-year-old Alberta boy have apologized. Each of the youths, who can't be identified, told Ethan Yellowbird's family they were sorry for taking the young boy's life.

The trio came up with a plan to shoot at the house on the Samson Cree reserve in July 2011, and a bullet went through a wall and struck Ethan in the head as he was sleeping in his bed.

The teens have pleaded guilty to manslaughter.

The Crown has asked that all three serve the maximum youth sentence — two years in custody followed by one year of supervision. Defence lawyers are seeking sentences from as little as six months in open custody to as much as one year behind bars for their clients. THE CANADIAN PRESS

Teen football players

Girl, 13, taunted in sexual assault case

Two members of the Torrington, Conn. High School football team have been charged with sexually assaulting a 13-year-old girl, who has been taunted on social media sites in recent weeks by dozens of classmates upset at the allegations.

The Register Citizen reports the two 18-year-old football players, Edgar Gonzalez and Joan Toribio, have been charged with felony second-degree sexual assault and other crimes in an investigation that began last month. Both have pleaded not guilty.

Details of the allegations are sealed from public view.

The newspaper reports social media posts by classmates taunting the accuser have included vulgar language and blamed her for ruining the players' lives. THE ASSOCIATED PRESS

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Phil Lane Jr., of the American Yankton Sioux Nation, says native groups south of the border will stand with their Canadian cousins in their protest of Northern Gateway and Keystone XL pipelines. ADRIAN WYLD/THE CANADIAN PRESS

'We're going to stop these pipelines'

First Nations. Aboriginal groups say stakes are so high, they'll keep fighting Keystone XL and Northern Gateway

An alliance of First Nations leaders is preparing to fight proposed new pipelines in the courts and through unspecified direct action.

Native leaders from Canada and the United States were on Parliament Hill Wednesday to underline opposition to both the Northern Gateway and Keystone XL pipelines.

The first would tie the Alberta oilsands to the West Coast, while the second would send bitumen to refineries on the American Gulf Coast.

Natural Resources Minister Joe Oliver said the federal government is consulting with First Nations and is ready to hear their concerns.

"We're making every effort to respond to the concerns we have heard on the West Coast," he said after a caucus meeting.

"They want to do the best for their communities and we want to do the best for their communities as well. So I remain very hopeful."

Some of the chiefs brushed off the federal government's appointment this week of a special envoy to look at tensions between natives and the energy industry.

Chief Allan Adam of the Athabasca Chipewyan First Nation said natives are determined to block the pipelines.

"It's going to be a long, hot summer," he said at a news conference.

Phil Lane Jr. of the American Yankton Sioux said native groups south of the border will stand with their Canadian cousins.

"We're going to stop these pipelines one way or another," he said. THE CANADIAN PRESS

Targeted? Shooter kills head of Colorado prisons

Colorado's top state prison official was shot and killed when he answered the front door of his house, setting off a hunt for the shooter and raising questions about whether the attack had anything to do with his job.

Tom Clements, 58, was shot around 8:30 p.m. Tuesday in Monument, north of Colorado Springs, and a witness reported a person driving away in a dark-coloured "boxy" car that had its engine running at the time of the shooting, authorities said.

Investigators were exploring all possibilities, including that the shooting could have been related to Clements' job as executive director of the Colorado Department of Corrections.

While the motive of the killing wasn't immediately clear, similar attacks on officials have been on the rise in the U.S., said Glenn McGovern, a California investigator who tracks such incidents worldwide.

The attacks are often motivated by revenge, said McGovern, who has documented more than 133 attacks since 1950. THE ASSOCIATED PRESS

Flaherty shouldn't have messed with mortgage rates, Tory minister says

Not everyone in the Conservative cabinet is backing Jim Flaherty's latest intervention in the mortgage market.

Small Business Minister Maxime Bernier says he believes the finance minister overstepped his bounds by having his office phone Manulife Financial and ask they withdraw their discount on five-year mortgages to 2.89 per cent from 3.09.

Bernier told reporters Wednesday he would not have done it. "Me, personally, I would not dictate to businesses what prices to decide," he said. "It's the market. It's supply and demand that decides the prices. It is the case for interest rates, it is the case for other products too."

Dissension in the ranks

"Me, personally, I would not dictate to businesses what prices to decide."

Small Business Minister Maxime Bernier

In the House of Commons, NDP Leader Tom Mulcair asked which minister — Bernier or Flaherty — speaks for the government. "Which minister has the prime minister's confidence, the minister of small business or the minister of finance?"

Prime Minister Stephen Harper did not respond directly but did appear to echo Flaherty's justification for intervening. THE CANADIAN PRESS

Finance Minister Jim Flaherty puts on his annual pre-budget shoes at the Roots Leather Factory in Toronto on Wednesday. A cabinet colleague has criticized Flaherty's intervention in the mortgage market. NATHAN DENETTE/THE CANADIAN PRESS

Social media giants ignore privacy laws in Canada

Personal data. Sites are supposed to let users know what information is being collected about them — but they rarely do, a researcher says

LUKE SIMCOE
luke.simcoe@metronews.ca

Many of the most prominent social media companies are failing to comply with Canadian privacy laws, says a new report.

The study, authored by University of Victoria researcher Chris Parsons, found sites like Facebook, Twitter and Tumblr are "lacking at best, and entirely negligent at worst," when it comes to things like letting users know what kind of information is collected about them.

Schedule 1 of Canada's Personal Information Protection and Electronic Documents Act (PIPEDA) requires social networking sites, upon request, to hand over information about "the existence, use and disclosure of ... personal information."

However, when Parsons and his colleagues filed such requests, only six of the 18 companies queried even responded, and those that did either refused to provide any information or offered incomplete data.

While Google, Facebook and Twitter do provide automated methods for users to access their information, Parsons says users are still unable to get all of their personal data. In particular, he and his colleagues weren't given the "metadata" that companies attached to their social media posts.

A University of Victoria researcher notes that while some social-media sites such as Facebook and Twitter do provide automated ways for users to access their personal data, they do not let users see all of that information. GETTY IMAGES FILE

Waterloo, Ont. BlackBerry co-founders create $100M quantum-computing fund

BlackBerry co-founders Mike Lazaridis and Doug Fregin have established a $100-million fund to commercialize quantum computing, an emerging field that they say could revolutionize information technology.

They say the Waterloo region in southwestern Ontario could be a focal point for new jobs and new industries, much as California's Silicon Valley became a hub for advances in conventional computing.

Lazaridis and Fregin collaborated to found the company formerly known as Research In Motion in 1984, which became Canada's leading high technology company through its pioneering efforts in smartphones. The company recently changed its name to BlackBerry in keeping with its main product line.

Fregin, 53, retired from RIM in 2007 after serving as vice-president of operations.

Lazaridis is the more prominent of the two, having served as co-chairman and co-chief executive of the company with Jim Balsillie until early last year when they were replaced in those posts by Thorsten Heins.

THE CANADIAN PRESS

Telemarketing. CRTC asks for public input on rules governing automated calls

The Canadian Radio-television and Telecommunications Commission is asking consumers and telemarketers for their views on how to reduce unwanted calls and is taking a close look at the rules for automated calls.

The CRTC is also asking for comment on a proposal by the Canadian Marketing Association to relax the rules restricting automatic calls for telemarketing.

The Canadian Marketing Association has proposed eliminating this restriction where an organization already has a business relationship with the party being called and has not made a request to be on the organization's internal do-not-call list, the CRTC said Wednesday.

The proposed change means that such calls would be allowed even if consumers have registered their numbers on the national do-not-call list, the CRTC noted. THE CANADIAN PRESS

Do-not-call list

- The CRTC oversees the national do-not-call list, which protects consumers from unwanted sales calls.

Market Minute

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IT'S PRIME TIME FOR TV

HE SAYS

John Mazerolle
metronews.ca

Sure, people are killing each other a lot these days, the economy always seems on the verge of collapsing, and the shrinking of chocolate bars continues unabated.

But you can't get me down, because this is the Golden Age of Television.

No other medium can compare. The Beatles came out with every style of pop music in the 60s, and musicians have been trying to catch up, copy or pay tribute ever since.

Movies peaked in the 1970s, when you could go watch The Godfather without being bombarded by tie-ins like a McBrando Triple Burger Combo complete with toy (Bullet-Riddled Sonny).

And the Internet, despite containing the total sum of human knowledge, hasn't figured out yet how to be more than society's porn stash.

But, ahh, television. Television is in its sweet spot.

From masterpieces like The Wire and The Sopranos, to epic works in progress like Game of Thrones and Mad Men, the last decade of television makes everything that came before it seem like Amateur 44 Minutes.

Just think: There was a time when people arguing the most complex character on television had to decide between Jed Clampett and Hoss Cartwright.

There was a time when the most impressive woman on television was Mary Tyler Moore, because she had a job (!) and could throw that hat a lot higher than people believed possible with scrawny female arms.

There was a time when spoilers were only required for big summertime cliffhangers, like Who Borgified J.R.? It wasn't really required for, say, Home Improvement. ("This week, Tim Taylor (WARNING: SPOILER AHEAD) gets his wife mad at him and talks it out with Wilson. We'll discuss the repercussions of this shocker and what it means for the next 11 seasons.")

You can also see how far TV has come if you imagine current shows as old-style programs. "On a very special episode of Game of Thrones, Daenerys Stormborn has a heart-to-heart with her dragons when they take up smoking. King Joffrey enters a skateboarding competition, much to his mother's dismay. And Taylor Swift guest stars as Lady Diva Chanteuse, of House Brokenheart."

We can't even complain about bad television — and there's lots of it — because it's so easy to avoid now. Good TV is there for the buying, renting, streaming or downloading.

For the first time in its history, television has joined the best books and movies in rewarding an active mind. And we should grasp it while we can, because if popular culture has taught us anything, it's that the good stuff never lasts.

Whether this Golden Age of Television is a byproduct of our inability to deal with real-world wars, poverty and lack of chocolate on a planet that is spinning inexorably out of control is a question I will think about eventually — like, when Game of Thrones is over.

Shhh ... TV's on.

ZOOM

An artist within the animal

Works by four-legged, fin-footed and scaled creatures on display

Briana Velazquez and Christian Venegas look at footprints on canvas by the El Paso Zoo's elephants Tuesday inside the Asian Discovery Center.

Through Sunday, Texas' El Paso Zoo will be featuring the exhibit, called Color Coated, of paintings made by snakes, elephants, seals, meerkats and a few other creatures.

THE ASSOCIATED PRESS

MARK LAMBIE/EL PASO TIMES/THE ASSOCIATED PRESS

A piece of artwork done by Ibu, a Sumatran orangutan, seen at the El Paso Zoo. THE ASSOCIATED PRESS

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ANDREW FIFIELD
andrew.fifield@metronews.ca

If you happen to be one who tweets, but shrug at the jokes that you read, they're not all that shallow, give these wits a follow, and chuckles will soon flood your feed.

@TheLimerickKing:
What do progressives now think
On banning a sugary drink
These fools are a joke
For thinking a Coke
Is worthy of time in the clink.

@Twitmericks:
There is quite an old Argentinian
Who has a new global dominion
The pontifex Francis
Had previous chances
But now won the conclave's opinion.

I also like this pope-related one from @Twitmericks:
There was an old fellow in Rome
In a church with a bloody big dome
Who said that's enough
Of this papacy stuff
I'm going to veg out at home

Comments

RE: Lululemon Pulls Yoga Pants Off Shelves For Being Too Revealing, published March 19

These pants are made in Asia and sold here for arms and legs! I'll never ever buy these ... the fake ones make my tush look just as nice! We all know people don't buy them for yoga ... C'MON!
Too_Sense posted to metronews.ca

Any publicity is good publicity, this is nothing more than a stunt.
jordangreen posted to metronews.ca

Some people DO buy them for yoga. Not everyone is a poser. It is not that surprising that so many people pose as fitness buffs by wearing the clothes they wear. There are always knock-offs, and that's cool, but the reality is they were designed to do a job. It should be OK if the byproduct is that it is also sexy. Why is that such a problem? Isn't it up to the buyer if the clothes are too revealing or not?

Man, this is so messed up, I would be inclined to think it is at least in part publicity. Another "wardrobe malfunction" LOL.
Ron Davies posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Swedish metal band Soilwork plays Winnipeg in promotion of its new double album, The Living Infinite. CONTRIBUTED / HANNAH VERBEUREN

The challenge of The Living Infinite

Soilwork. Swedes put their best melodic-metal effort into latest release

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Details

- Soilwork plays the Park Theatre on Thursday, March 28. Jeff Loomis, Blackguard, Bonded by Blood and Hatchet open.
- Tickets are $25 at ticketworkshop.com, Music Trader and Into the Music. Showtime is 7 p.m.

Last June, Swedish melodic death metal band Soilwork announced that its guitarist and founding member Peter Wichers had left the band for the second time, after rejoining the group in 2008.

Instead of a total metal meltdown, Soilwork responded to the casualty with a double album, releasing The Living Infinite in February.

"I thought we needed a new challenge," vocalist Bjorn "Speed" Strid says, who co-created Soilwork in 1995 with Wichers.

"We've released a lot of records and we definitely needed something new, something bigger, especially after everything that happened. It's been a pretty turbulent time in Soilwork, with a family member coming back and then leaving again and I think we needed to turn that around into something positive."

Strid says one of The Living Infinite's most positive points is that it's a full-band effort. He says past albums were predominantly written by two or three members — including Wichers — but this time all six Soilworkers contributed to the creative process, including newest member, guitarist David Andersson.

"David contributed seven tracks on the album," Strid says. "We've actually known him since 2006 and he's toured in the band before as a session guitarist, so that helped. He brought a lot of interesting things to the table, including a very Scandinavian kind of melancholic feel to the music."

A true group effort, Strid says Soilwork spent two months together crafting The Living Infinite, along with producer Jens Bogren (Opeth, Amon Amarth).

"We thought we should try and build an album from scratch where Jens is part of the whole process," Strid says, noting that Bogren mixed Soilwork's 2010 album The Panic Broadcast.

"I think we did it the perfect way, old school, like we used to. We gathered in the studio for two months. We lived together, cooked together and created this album together from scratch with Jens involved from the start," he said.

"What's interesting about Jens is that he gives every band he works with a special touch, but they never sound too similar. There are a lot of producers that get the same sound every time, no matter who they're working with. He has his trademarks of course, but at the same time it's never too similar or generic."

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David Bowie brings music to the movies

Contribution to cinema. The enigmatic musician has only had a few leading roles, but his CV is teeming with small, memorable supporting turns

MATT PRIGGE
Metro World News in New York

Movies have been kind to David Bowie. Where the tradition is for cinema to crush pop star hubris — just ask Madonna, Britney Spears and Mariah Carey — the one born David Jones has eked out a select but excellent filmic existence.

He's only had but a few leading roles — most notably 1976's The Man Who Fell to Earth — but his CV teems with small, memorable supporting turns: a cucumber-cool Pontius Pilate in The Last Temptation of Christ, a spot-on Andy Warhol in Basquiat, a movie-stealing Nikola Tesla in The Prestige and a deeply affecting performance as a dying vampire in the incoherent hot mess that is Tony Scott's The Hunger. (He's also very good as a co-lead in Nagisa Oshima's Japanese POW saga, Merry Christmas, Mr. Lawrence.)

It's too bad Bowie doesn't enjoy film acting. He's admitted finding movie sets to be artistically fallow, consisting of so much waiting around that he finds himself uninspired. (He hasn't acted in a film since a small role in 2008's August.)

But movies have also been great to his music. Yes, there are only about a thousand uses of Under Pressure. But other movies use his music in more creative ways.

In honour of The Next Day, Bowie's first album in more than a decade — and his best in ages — here's a smattering of Bowie's aural contributions to cinema.

David Bowie isn't a fan of acting. GETTY IMAGES / ALL OTHER PHOTOS ARE HANDOUTS

Christiane F (1981)

Christiane F (Vera Christine Felscherinow) achieved fame when her life as a teenage heroin addict in West Germany became the non-fiction bestseller Christiane F — We Children of Bahnhof Zoo.

It then became a low-budget movie by Ulli Edel (Last Exit to Brooklyn, The Baader Meinhof Complex). A depressing film about teenage drug addiction might not have been a big draw, but it had an ace up its sleeve: David Bowie contributed songs and appeared as himself in gratuitous concert footage.

Because the film was set in the late '70s, the music hails from his Berlin Er a and you get Helden, the German version of Heroes. Today the film is perhaps best known as a soundtrack in the David Bowie section of music stores.

Cat People (1982)

Paul Schrader's remake of Val Lewton's no-budget chiller about a woman who thinks she'll turn into a killer panther when sexually aroused is heavy and awesomely insane.

It saves its most poetically ridiculous moment for the end, which employs the slower, moodier version of Bowie's Cat People — also used to great effect in Inglourious Basterds — over a freeze frame of a sad panther face.

This holds for an entire verse before Schrader unpauses it for the song's chorus, then freeze frames it again!

Labyrinth (1985)

The movie where Bowie, made up to look like a leopard in big '80s hair, plays a puppet king who wishes to marry a 15-year-old Jennifer Connelly. When she refuses, he does the next logical thing: kidnaps her baby brother and forces her to trawl through a puppet-laden maze. It's also a part-time musical. Screenplay by Terry Jones!

Boy Meets Girl (1984)

Filmmaker Leos Carax is big again thanks to Holy Motors, but once upon a time he was the enfant terrible of French cinema and one of the major practitioners of the music video-heavy "cinema du look."

In his feature debut, Carax went to some of Bowie's earliest, when he was an incorrigible unknown cranking out whimsical Anthony Newley-esque songs. The result, a sequence set to the languid When I Live My Dream, is a lovely, lyrical moment capturing the pleasure of walking around Paris with Bowie booming in one's ears.

Lost Highway (1997)

Bowie's 1995 album Outside is one of his better latter-day works, and two of its songs were put to excellent use in two excellent movies.

Seven got Heart's Filthy Lesson, while David Lynch's comeback film — after the disastrous and unfairly maligned Twin Peaks: Fire Walk With Me, which featured a bizarre cameo from Bowie — opened with the (literally) driving I'm Deranged.

The Runaways (2010)

Dakota Fanning's Cherie Currie first exhibits her rock star prowess by lip synching and gyrating to Lady Grinning Soul while decked out in Aladdin Sane gear. That doesn't sound amazing when typed out, but it is.

Mauvais Sang (1986)

Carax reached for his Bowie stack again for his sophomore effort — an arty neo-noir in which philosophical crook Denis Lavant (the shape-shifting star of Holy Motors) is in love with moll Juliette Binoche.

His passions manifest in a scene where, upon hearing Bowie's Modern Love on the radio, he runs top speed down a deserted city street at night, the song booming at 11. It's the most accurate portrayal of unbridled happiness caught on film and, like most moments of unbridled happiness, it's much too short.

Dogville (2004)

Lars Von Trier's twisted homage to Our Town aims to be an indictment of America, in which strangers are first welcomed and then exploited by a cruel society.

To drive this point home, he ends the film with a montage of photos of American devastation and blight set to Young Americans.

Von Trier did the same thing with the sequel, Manderlay, which concerned slavery and racism.

The Perks of Being a Wallflower (2012)

Once upon a time, when you heard a song and you didn't know what it was, you might spend years, decades even, trying to hunt it down.

Set in the distant past of the early '90s, this much-liked YA picture handily depicts an era of irritating ignorance: our heroes hear Bowie's Heroes — the Wallflowers cover, from the soundtrack to 1998's Godzilla, had not yet emerged — are immediately blown away (because it's Bowie's Heroes), but don't figure out what it is until much later in the movie. Good times.

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Lily Tomlin. Actress was ready to bare it all in the name of feminism

Lily Tomlin says like her character in Admission, she's a feminist. HANDOUT

Admission is a romantic comedy, not an action movie, so it comes as something of a surprise that one of its stars wanted to advertise their physique with a scene in which they chop wood bare-chested in the forest. Even more surprising? That star was comedy legend Lily Tomlin. "I wanted to be in the woods chopping wood with my shirt off," Tomlin reveals about her character, a septuagenarian feminist whose adult life has been devoted to activism. "The character has a double mastectomy, and I think, I'll get a breastplate made like I've had a double mastectomy and I'll tattoo it to show another expression of her empowerment and how she's completely at ease with herself and accepts her female body."

Unfortunately, the actress landed the role too late to be able to follow through on her plan. But even without the requisite hardware she wanted to bare her body on screen, she reached into her own experiences in order to bare her character's soul. "I am a feminist and I lived in those days of the movement," Tomlin explains. "And I know what it is as a human [to believe] in a certain philosophy or some doctrine — and you do not want to betray it."

Fey has an admission to make about school

Princeton pass over. Filming latest project brought up memories of rejection for comedian and writer

NED EHRBAR
Metro World News in Hollywood

Playing a gatekeeper deciding who does and doesn't get into Princeton in Admission brought some long-buried memories to the surface for Tina Fey. "It did remind me that I had actually applied to Princeton and had been rejected, but I felt OK about that," says Fey, who earned her bachelor's at the University of Virginia. "I didn't get mad when I was shooting on the Princeton campus. It was fine."

In fact, Fey credits her Pennsylvania upbringing for sparing her from much of the Ivy League anxiety forced upon other teenagers. "I wasn't growing up in some kind of private-school world where it was expected of you to try to get into an Ivy League school," she says. "I think there are people who grow up in a family where it's like, 'If you don't get into Harvard or Yale or Princeton, you're done!' I think that's craziness."

Though she made a name for creating her own characters — most notably Liz Lemon on 30 Rock, Fey came to Admission primarily as an actress. "I thought the character of Portia was interesting because I hadn't seen a movie about this world of college admissions before, and it is a world that's filled with so much anxiety and therefore humour for people on all sides of it," she says of her attraction to the project.

Tina Fey and Paul Rudd star in Admission, which opens Friday. HANDOUT

"I also liked that she's an adult and she is intelligent, and at the same time she still has this huge, explosive emotional thing happen in her life. I also thought it was an interesting story that you see these characters who are chasing motherhood and in pursuit of motherhood, and this is a character who decidedly did not want to be a mother but because of the given circumstances has to cope with the idea that maybe she is."

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Judd Apatow and Leslie Mann both accepted turning 40. GETTY IMAGES

A writer looks at 40

Middle-aged musing. Judd Apatow and wife Leslie Mann reflect on their milestone birthday

Comedy maven Judd Apatow distinctly remembers the day he reached the milestone birthday that shapes his film This is 40, which comes out on DVD/Blu-ray on Friday.

"The day I turned 40 my wife was shooting a movie with Zac Efron, so I visited her on the set and she was dancing with him in a scene," the 45-year-old writer/producer/director, who's married to This is 40 star Leslie Mann, said in a recent telephone interview.

"So I had to watch her dance with Zac Efron all night. That may have scarred me."

Mann has a different take on the experience.

"That was fun!" the comedic actress said with a laugh in a separate telephone interview.

As it turned out, sultry dancing was also a key part of Mann's 40th birthday nearly a year ago.

"I went to Hawaii with my girlfriends and we went to a night club and we danced on a stripper pole, with our clothes on, but the night club was empty," Mann recalled on the line from Los Angeles.

"It was like a Wednesday night or something and ... we had a lot to drink.

"And the next day we were covered in bruises from the pole, because you have to be in really good shape to go on those poles. I mean, it takes a lot of core strength, which we don't have," she continued.

"But we had a good time, and you know (40), has been pretty good. I seem pretty OK with it. Thirty was harder for me than 40."

Apatow feels the same way.

"I found 30 to be a trickier birthday, because I always felt like you were supposed to go nuts when you're in your 20s and I didn't. I just worked really hard as a writer and I didn't take the time to have a lot of mad fun," said the New York native, who did standup comedy before moving on to an acclaimed TV and film career.

"So when my 20s ended I thought, 'Oh my god, I missed it. I didn't do what you're supposed to do.' Then I just resigned myself to it being over."

Mann's character in This is 40, meanwhile, is not OK with leaving her 30s and lies about her age. Paul Rudd plays her husband, who is entering his 40th year with financial woes at his record label.

Apatow wrote and directed the dramedy that co-stars his and Mann's children, Maude and Iris, as the family's daughters.

The story is "a big soup of real experiences" and reflects his fascination with why people struggle to get along, he said.

Apatow on relationships

- **Communication.** "When people know how to say the right thing but they get so caught up in their own ego that they say the wrong thing. That always makes me laugh, people who get off the rails, because ultimately we want everyone to take care of us and it's hard to make it about the other person."

"The basic idea of trying really hard to make a marriage work over the long-term is interesting to me and I am fascinated by bad communication skills," said Apatow, who made his feature directorial debut with The 40-Year-Old Virgin, which he also co-wrote.

This is 40 is billed "a sort-of sequel" to Apatow's hit 2007 comedy film Knocked Up, which also featured Mann, Maude and Iris.

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Naomi Watts. ALL PHOTOS GETTY IMAGES

Naomi Watts digs deep with words on plastic surgery

Naomi Watts isn't ruling out plastic surgery as an option, but she does worry it might limit her job prospects.

"Never say never — and I certainly don't judge anyone who does it — but most of the characters I play are going through some kind of emotional turmoil, so my job requires me to have expression," Watts tells Australia's Good Health magazine. "If my face was frozen, what right do I have to play that part? All the women who haven't (done) anything to their faces are still able to play great roles. And some of the ones who have done something have messed it up — they look freakish. Anyway, for me it's about playing women with rich lives. And the longer the life, the deeper the wrinkles."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

James Franco couldn't care less if you don't like what he does

James Franco has caught flak for his myriad film and art projects he's launched and academic degrees he's pursued, but he's not letting the haters get him down.

"Criticism can sting but not for long. At this point I've heard it all, good and bad. I can take anything," Franco tells Bullett magazine. "If anyone wants to say that my doing these things makes me a jerk, that's not about me — that's about people reacting to me. I don't need to be liked for anything I do."

He continued on about his haters and why they react the way they do.

"I put out a lot of different kinds of material, and maybe people read that as egotistical. Or maybe, since a lot of it does involve some aspect of me, they find it self-aggrandizing. But there's a long tradition of artists using themselves."

Twitter

@katyperry
About to watch Wayne's World. For the first time...

@MARLONLWAYANS
You don't have to figure life out... It has its way of figuring itself out

@SethMacFarlane
In pre-production for A Million Ways To Die in the West. My horse hasn't kicked me yet, but he did say he hates Family Guy past season 3.

Pink cares about all her fans, no matter how young.

Pink stops show to help little girl

Pink certainly knows how to keep the peace. The singer halted a recent Philadelphia concert when she noticed a little girl in the crowd crying, according to Us Weekly.

"Is everything OK right? Is this little girl all right? Why is she crying? Why is she upset?" asked Pink, who was informed by audience members that an altercation had upset the young girl. "Because there was a fight? You all are fighting around a little girl?" she asked.

Pink then coaxed the girl on stage and gave her a treat.

"Honey, do you want this frog and this Rice Krispies treat?"

Before getting back to the music, she also had a message for the rest of the crowd.

"Are we OK now? Cut it out, y'all. We're grown-ass women."

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Fall into fashion's future

After four gruelling fashion weeks — New York, London, Milan and Paris — we distilled the biggest themes that came down the runways. Here's what you can expect to wear next autumn.

TINA CHADHA
Metro World News

Back to black

As far as New York goes, one message was clear: fall is going to be all about wearable clothes. And let's face it, nothing in your wardrobe is more versatile than black. It's no surprise then that the classic shade ruled the runways. Pair black items with white for another key trend.

SEEN HERE: RAG & BONE

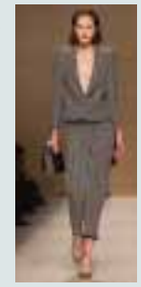
Plays on texture

Forget clothes in plain wool or cotton — designers used luxurious textured fabrics such as high-shine pony hair, wooly alpaca, sophisticated tweed and quilted leather to add a layer of interest to their fall looks.

SEEN HERE: LANVIN

Menswear inspired

Borrowing from the boys has been popular for the past few seasons. Designers furthered explored the trend for fall with slouchy, loose suiting.



SEEN HERE: BLUMARINE

Oversized coats

Besides the tremendous amount of fur on the runway (is PETA still doing their job?) there was another overwhelmingly ubiquitous outerwear trend: coats in oversized proportions and exaggerated cocoon shapes. Squeezing into a crowded subway in one of these is going to be fun.

SEEN HERE: ROCHAS

Pink gets its day

The colour pink gets a bad rap as an uncool girly-girl shade — but that's about to change. Come fall, expect to see stand-out items in every permutation of pink ranging from soft blush to bold fuchsia.

SEEN HERE: DKNY

There's a lady in the house

For those of you who don't do androgyny, feminine staples such as peplum tops, full skirts with longer hemlines and pencil skirts with cinched jackets gave collections a polished, lady-like feel.

SEEN HERE: ROCHAS

ALL PHOTOS GETTY IMAGES

Plaid and checks

Whether you go '90s grunge a la Saint Laurent or the more formal route with houndstooth and Prince of Wales check as shown at Tommy Hilfiger, expect to be part of the plaid parade come Fall.

SEEN HERE: SAINT LAURENT

Winter white

People anxious about getting side eyes for wearing white in the cold seasons can finally put that fear to rest. Designers showed full looks in dreamy pale shades.

SEEN HERE: GIAMBATTISTA VALLI

High slits

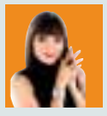
Are all the safe, wearable clothes putting you to sleep? Skirts and dresses with slits up to there added a sexy jolt to the fall shows.

SEEN HERE: GIVENCHY

Embellishments galore

This never really ever went out of style. But this show season, the decoration was especially in-your-face with shimmer on top of crystal on top of metal on top of feathers. No matter what your trimming of choice is, there was an option to choose from on the runway. **SEEN HERE: BURBERRY**

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: About to blow out my candles!!! Wishing for ????????

@cd_dean: return of fashion tv, of course, we miss your keen eye and ability to smooze even the most diva of designers. Happy birthday.

@SeaAndBeScene: Happy Birthday Ms.Beker - eat cake & celebrate YOU!!! From your fans on Canada's East Coast (and there are a LOT of 'em) xo

@LindaFrum: Best birthday wishes to you Jeanne!

The Kit

Canadian street style

Spotted in: Halifax

Tosan Ikomi

Student

Age: 23

What she's wearing
Scarf from Ethiopia, Vagabond vintage coat, Guess jeans, Winner purse, Aldo boots.

Her inspiration "I usually dress according to how I'm feeling, but this outfit was inspired by what a friend was wearing yesterday."

THE KIT PHOTOBLOGGER: MEGHAN TANSEY WHITTON, FASHIONEASTHALIFAX.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Bringing a tiny space into the future

This 1970's condo kitchen is ready to be brought into more modern times. PROVIDED

The tiny five-by-eight foot kitchen in my 1970's condo is in desperate need of an update, but the space is tiny! I'm hoping you can offer some suggestions to make it look modern and larger.
-Sylvia G, via email

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The redeeming feature of your kitchen is the large window that lets in lots of light, so no matter how small your kitchen area might be it will never look dark.

Here are a few design tips and products that will help modernize your kitchen.

Keep the major elements, such as your stove, fridge and sink in the same areas and consider replacing/upgrading what you have now. That way you will not have to worry about complicated electrical or plumbing issues. I would flip the fridge and stove (simple electrical changes); that way, when you look into the kitchen the stove will offer you more visual depth into the room, making it look larger.

Appliances

Choose a 24-inch-wide fridge with a reflective stainless finish. The narrow fridges today come much taller and are counter depth for a fitted look. I would suggest replacing the stove with a two-burner counter cook top, then build in a micro-convection oven below. This will free up more counter space.

Cupboards

Since your kitchen is small but bright, I suggest a glossy door in a light colour. The glossy finish will reflect light and keep the small area bright. Consider adding a set of glass-fronted cabinet doors on the cupboards above the sink to add a break in the long row of cabinets and allow an attractive area for display.

Countertops

A stone countertop will give you two things: a high-end look for your kitchen and durability. I suggest choosing a countertop colour that blends the colours of your fridge/stove together. For instance, if you choose black appliances then choose a darker countertop. For stainless appliances, go for medium greyish tones and for white appliances go with light counters.

Backsplash and flooring

Your backsplash should marry your upper and lower cabinets together with its tone/colour. For instance, if you have white cabinetry then choose a white backsplash. For a room-expanding effect consider a mirrored backsplash. I like the grey/smoke mirror for a dramatic effect. This tends to look best when incorporating darker cupboards and counters into a kitchen. Your flooring should be a durable, non-gloss tile in a colour/tone that matches the new appliances you choose.

Lighting

Investing in under-cupboard lighting will add drama at night and allow you to use the kitchen without turning on the bright overhead light. Add a low-profile track light in a modern look to keep the overhead light fixture tight to the ceiling, this will make your ceilings appear taller.

Paint colour

If you want to make the room look large, make sure the gloss and paint on the walls match the cabinets. If you're dealing with a lighter tone, then paint the ceiling the same colour for consistency.

A tall, slim fridge with a stainless look can give a modern style even when only 24 inches wide. LG.COM

A white/grey fleck quartz counter adds a touch of luxury and durability. CAMBRIACANADA.COM

A small cooktop frees up counter space in a tiny kitchen. GEAPPLIANCES.CA

White glossy cabinetry helps to reflect light and keep a kitchen modern in its look. IKEA.COM

Tips and tricks for a bigger looking bathroom

Don't you wish you had a bigger bathroom? In a recent survey conducted by Moen Incorporated, almost half of the respondents (45 per cent) said they "wish they could make their bathroom larger."

If a new bath isn't in your budget, use these tips to turn a small bathroom to one that feels spacious and soothing – without a major remodel.

Blend in, but make a statement

Using an intense colour palette can weigh down a small room, so try using a cooler palette, including pastels and neutral tones, to add size and depth to a tiny space.

Continue the colour scheme to the trim, vanity and door to create a "disappearing" look that will lengthen the walls. By eliminating the hard edges created by drastic changes in colour, your eye will flow smoothly across the room.

It's also important to look at small details, like faucets and accessories, to make a statement.

Choosing a fashionable, uncomplicated design can provide a beautiful focal point in your new bath.

Take a look in the mirror

A mirror in the bathroom can do more than just show your reflection — it can stretch the space.

Mirrors reflect both natural and artificial light, making a smaller room look bigger and brighter.

A great trick for improving the room's reflective qualities is to hang a large, horizontal mirror along the longest wall of the bath.

If a large mirror is out of your budget, you can create the same effect by grouping an arrangement of smaller mirrors.

For a never-ending room, position two mirrors on opposite walls to create the perfect illusion. Whatever technique you choose, mirrors are great decor pieces that won't muddle a small bath.

Say no to big and bulky

Traditional, large vanities with cabinet drawers can make an already petite-looking bath appear even smaller.

In order to avoid this common misstep, either install a vanity with open storage areas or try suspending shelving for a contemporary feel.

This will create a more spacious look by giving the shelving a light and airy appearance.

NEWSCANADA

You're not alone. A bigger bathroom is on many wish lists. NEWSCANADA

Yo! Let's kick up your backyard style! Ice is back with a brand new season

DIY ideas. Harness your inner rapping renovator

Barbecue season is fast approaching and your backyard is probably looking a little shabby.

If you didn't get your visit to a tropical island this winter it's time to forget the Ice, Ice Baby and incorporate your vacation dreams into your backyard.

Get a few tips from Vanilla Ice, host of The Vanilla Ice Project.

Landscape
To create a vacation spot in your backyard, start with rich foliage, large leaves and colours. When visiting your local gardening store don't be afraid to go overboard with greenery. In addition to plants that will surround your yard with a lush atmosphere, choose some that will vine and climb on fences which will create more privacy and a feeling of escape in your own backyard.

Water features
There's nothing that can compare to the serene sound of running water. It will instantly bring an element of calm and relaxation to your backyard oasis.

Placing a waterfall within your newly planted garden sounds lovely and can be made even more esthetically pleasing by surrounding it with a stone walkway for traction.

Tiki torches
To add extra light around your yard, Tiki lamps are a great accessory.

Purchasing citronella candles to put into your Tiki torches will help build a shield against mosquitoes, allowing you to spend more time in your backyard after the sun goes down.

Vanilla Ice is back to help you make the most of your backyard space. HANDOUT

Fire pit
Building a fire pit will allow you to spend much more time in your new backyard — not only longer into the evenings but also at the beginning and end of the summer, when nights can be cooler.

A fire pit also opens up the possibilities for outdoor activities like roasting marshmallows and hotdogs.

Canopies
Create a picture perfect backyard worthy of a magazine spread by adding a canopy over the generic stylings of tables, chairs and benches.

The option of a canopy-enclosed day bed is also a great touch, especially if you are lucky enough to have a pool in your backyard.

They instantly add movie star appeal to your outdoor style. Canopies bring a feeling of romance and luxury while dining outdoors or lying away from the sun while enjoying the summer breeze blowing through the drapes over you.

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Live on the curly pasta edge with Sicilian-inspired Lamb Ragu

This is one of Nigella Lawson's go-to weeknight suppers. She says you can cook the ragu longer at a lower heat, if desired, but it's also perfect as is.

This recipe calls for pappardelle — those egg-rich, wide ribbons — but you can use whatever type of pasta you have on hand.

"Ragout" is French, "ragu" Italian, and this meat sauce is inspired by the Sicilian combination of sweet lamb, dried wild mint and crushed chili flakes, though Lawson said she has added an Anglo note with a little red currant jelly.

1. Put a large pan of water on to boil for the pasta and warm garlic oil in a small, heavy-based pan that comes with a lid; cook shallots, stirring for a minute or so.

2. Sprinkle in mint, oregano and red pepper flakes, stirring again in hot pan before adding meat. Cook for a couple of minutes, stirring to break it up with a wooden spatula or spoon, until it loses a bit of its pinkness.

3. Add tomatoes, red currant jelly, Worcestershire sauce, salt and some grindings of pepper, then give a good stir and bring to a bubble. Partially cover with the lid and simmer for 20 minutes.

4. At the appropriate time, salt the boiling water and cook pasta according to package instructions, making sure to check for readiness a couple of minutes before it's supposed to be done. Once cooked and not-too-efficiently drained, return pasta to pan and dress with lamb ragu.

5. Sprinkle a little bit of fresh mint onto each bowl, if desired, to serve. **THE ASSOCIATED PRESS/ NIGELLISSIMA: EASY ITALIAN-INSPIRED RECIPES BY NIGELLA LAWSON (KNOPF CANADA, 2013).**

Ingredients

- 22 ml (1 1/2 tbsp) garlic-infused olive oil
- 1 banana shallot, chopped
- 5 ml (1 tsp) dried mint
- 5 ml (1 tsp) oregano
- 1 ml (1/4 tsp) crushed red pepper flakes
- 250 g (8 oz) ground lamb
- 1 can (398 ml/14 oz) diced tomatoes
- 10 ml (2 tsp) red currant jelly
- 7 ml (1 1/2 tsp) Worcestershire sauce
- Pinch salt, plus more for pasta water
- Freshly ground pepper
- 250 g (8 oz) pappardelle
- Handful fresh mint, to garnish (optional)

Curly-Edged Pasta With Lamb Ragu

This recipe serves two. MATTHEW MEAD/ THE ASSOCIATED PRESS

Cookbook of the Week

Flavours of Italy

In her book Nigellissima: Easy Italian-Inspired Recipes, Nigella Lawson offers up dishes that don't require inaccessible ingredients or techniques. That's because Nigellissima shows readers how a weeknight dish can be a faithful (and delicious) interpretation of traditional Italian fares.

Included are recipes like Italian Roast Chicken with Peppers and Olives; Shortcut Sausage Meatballs; Spaghetti with Tuna, Lemon and Arugula; Nutella Cheesecake, and more. **METRO**

Indulge without dairy and gluten: Choco-Olive-Oil Cake

Nigella Lawson said she made this cake for a friend who had been diagnosed with celiac disease.

It's also dairy and gluten-free. It's "very, very easy."

The cake is delicious served warm, with some berries on the side, as well as a dollop of mascarpone or ice cream.

This recipe makes eight to 12 slices. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat oven to 160 C (325 F). Grease a 23-cm (9-inch) springform pan with oil and line base with baking parchment.

2. Measure and sift cocoa powder into bowl and whisk in boiling water until you have a smooth, chocolatey, still runny paste. Whisk in vanilla, then set aside to cool a little.

3. In another smallish bowl, combine almond meal with baking soda and salt.

4. Put sugar, olive oil and eggs into bowl of freestanding mixer with paddle attachment and beat vigorously 3 minutes until you have a pale-primrose, aerated and thickened cream.

5. Turn speed down a little and pour in cocoa mix, beating as you go, and when all is scraped in, you can slowly tip in almond meal mixture.

6. Scrape down, and stir with a spatula, then pour batter into prepared pan. Bake 45 minutes or until sides set and very centre, on top, still looks slightly damp. A cake tester should come up mainly clean but with a few sticky chocolate crumbs clinging to it.

7. Let cool 10 minutes on a wire rack, still in its pan, and then ease sides of the cake with metal spatula and spring it out of the pan.

THE ASSOCIATED PRESS

Ingredients

- 150 ml (2/3 cup) regular olive oil (plus more for greasing)
- 90 ml (6 tbsp) good-quality unsweetened cocoa powder, sifted
- 125 ml (1/2 cup) boiling water
- 10 ml (2 tsp) best vanilla extract
- 375 ml (1 1/2 cups) almond meal (flour) or 175 ml (3/4 cup) plus 15 ml (1 tbsp) all-purpose flour
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 250 ml (1 cup) superfine sugar
- 3 eggs

Dinner. Gemilli Pasta with Anchovies & Breadcrumbs

1. Bring saucepan of salted water to a boil. Add pasta and cook until al dente, about 7 minutes. Reserve 1/4 cup of cooking water, then drain and return pasta to pot. Drizzle the pasta with 1 tablespoon of olive oil, toss, then cover and set aside.

2. Meanwhile, in sauté pan over medium-high, heat the olive oil. Add anchovies and sauté 5 minutes, breaking up with silicone spatula until dissolved into a paste. Add the garlic and sauté for another minute, then add tomato. Cook, stirring often, until tomato begins to break down, about 7 minutes. Season with pepper. For thinner sauce, stir in a bit of the reserved pasta cooking water.

3. Uncover pasta and, while using tongs to toss, sprinkle in the breadcrumbs and Parmesan, tossing until evenly coated. Divide pasta between 4 serving bowls, then spoon some of sauce into the centre of each. Top each serving with additional grated Parmesan cheese. **THE ASSOCIATED PRESS**

Ingredients

- 1 lb gemilli pasta
- 4 tbsp olive oil, divided
- 2-oz tin oil-packed anchovies
- 8 cloves garlic, minced
- 2 large tomatoes, diced
- Ground black pepper, to taste
- 1/2 cup coarse unseasoned breadcrumbs (such as panko)
- 1/2 cup grated Parmesan cheese, plus extra for serving

NHL

Players' union to get views on visors

The National Hockey League Players' Association plans to canvass its membership on visors.

Mathieu Schneider, a special assistant to NHLPA executive director Donald Fehr, said some 72 to 73 per cent of NHL players currently wear shields.

"By the sheer numbers of players wearing them, you're seeing a big change in visors," said Schneider.

"I'm certainly an advocate — and a bit of a hypocrite myself because I played my entire career without one. But the game's extremely fast. Guys come into the league now having had to wear a visor before. We're definitely going to look at talking to the guys about grandfathering them in."

That might involve polling the players on the issue. The last time they did that, in 2009, players were "heavily" against grandfathering in visors, he said.

THE CANADIAN PRESS

NBA

Heat push streak to 24 wins in comeback fashion

LeBron James scored 25 points as the Miami Heat overcame a 27-point deficit to win their 24th straight game, beating the Cleveland Cavaliers 98-95 on Wednesday and extending the second-longest winning streak in NBA history.

Miami is within nine games of matching the record of 33 consecutive wins held by the 1971-72 Los Angeles Lakers.

THE ASSOCIATED PRESS

Winnipeg Jets Andrew Ladd, left, and Zach Bogosian congratulate Blake Wheeler on scoring against the Boston Bruins on Tuesday at the MTS Centre. The win gave the Jets the top spot in the Southeast Division. MARIANNE HELM/GETTY IMAGES

Runway to playoffs clearing up for Jets

NHL. Franchise on track to make the post-season for just the second time

Sticking to the program is paying dividends for the Winnipeg Jets, who continue to follow Claude Noel's game plan to make the playoffs.

The latest tangible symbol of their success was Tuesday night's patient performance that allowed them to walk away with a 3-1 win over the Boston Bruins and again claim top spot in the Southeast Division.

Noel says the performance against the powerful Bruins is a perfect example of what he's trying to preach.

"Boston does it great," he said after an optional skate Wednesday as the Jets prepare to host the Washington Capitals on consecutive nights.

"They just do the same. They start the game, they play the game, they end the game, it's the same ... They just don't veer off the program."

The style may not be exciting but the winning is, and the Jets have come a long way in a year under Noel's tutelage.

Playoff return

If the Jets make the playoffs this year, it will be for only the second time in the history of the Atlanta/Winnipeg franchise.

- The only playoff appearance was in 2006-07, when the Thrashers were swept in four straight by the New York Rangers.

"We've changed our mindset in the last year," forward Blake Wheeler said. "I think everyone to a man is buying into the fact that if we play the game the right way then we can be a winning team."

Exactly a year ago Wednesday, the Jets were floundering below the line that separates NHL playoff contenders from the also-rans. That night they got drubbed 8-4 in Pittsburgh.

This year, the Jets are far more solid on the road, no matter which team they play. After 17 games, they rank sixth in the NHL at 9-6-2.

THE ASSOCIATED PRESS

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Gonzaga's Kelly Olynyk (13) reacts with his team during the West Coast Conference tournament championship, March 11. This year's March Madness tournament is packed with talented Canadians like Olynyk. JULIE JACOBSON/THE CANADIAN PRESS

NCAA mad for top Canadian talent

March Madness.
21 of nation's 33 players have won regular-season awards

Canada Basketball is running its own March Madness fantasy pool, with one unique rule: Entrants must name five Canadian players to their teams.

There would have been slim pickings in years past. But there's not just an abundance of Canadian players this year; there's a wealth of star players.

From Gonzaga's Kelly Olynyk and Kevin Pangos to UNLV's Anthony Bennett and Nik Stauskas of the Michigan Wolverines, Canadians have taken the NCAA by storm, providing one of the most intriguing story lines of the tournament.

"When you can turn on (a game) almost any night during the season and see a Canadian playing, it clearly is a new dimension that we've entered here," said Rowan Barrett, executive vice-president of Canada's men's program.

Sports Illustrated dedicated six pages of its March Madness issue to players from north of the border under the headline Canada's Got Talent.

There are 27 Canadian men playing in March Madness and six women.

Olynyk, a seven-foot forward from Kamloops, B.C., and Pangos, a point guard from Holland Landing, Ont., have landed in the spotlight this season in leading Gonzaga (31-2) to one of the NCAA tournament's four top seeds.

Olynyk's breakout season earned him the West Coast Conference player of the year. The Canadian, who averaged 17.7 points and 7.0 rebounds a game, is also up for the John R. Wooden Award as the NCAA's top player.

Bennett, from Brampton, Ont., collected Mountain West Conference freshman of the year in leading UNLV, and is a projected top-five NBA draft pick.

THE CANADIAN PRESS

Notable Canucks

Among other award winners, Bennett's teammate Khem Birch of Montreal was conference defensive player of the year, Olivier Hanlan of Aylmer, Que., (Boston College) was the ACC's rookie of the year, while Sim Bhullar, a seven-foot-five forward from Toronto (New Mexico State), earned WAC freshman of the year honours.

MLB

Montreal group to determine viability of baseball's return

Warren Cromartie is convinced that Major League Baseball can be reborn in Montreal.

The former Expos outfielder and head of the Montreal Baseball Project, a group whose aim is to bring the major leagues back to the city, says he'll know soon whether fans and the business community really want it.

His group and the Montreal Board of Trade launched a feasibility study on Wednesday to see if conditions are right and the interest is there.

"The group that I assembled will make it clear to everyone ... that we're serious about bringing it back," Cromartie said at a news conference. THE CANADIAN PRESS

Warren Cromartie, former Montreal Expo and president of the Montreal Baseball Project, makes his case for bringing the MLB back to Montreal during a news conference Wednesday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Three upset contenders to watch

Who will put on this year's slipper and make a run at the Final Four?

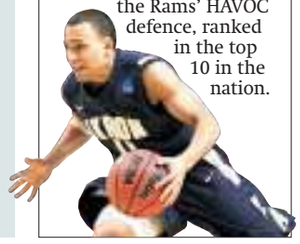
TORSTAR NEWS SERVICE
Photos by Getty Images

Belmont

The Bruins (11-seed, West) play a defensively-focused team in Arizona in the first round. However, the Wildcats have dreadful defence against the long ball — and Belmont shoots almost 40 per cent from beyond the arc, not to mention nearly 50 per cent from the field. Arizona has lost three of its last six, while Belmont is on a six-game winning streak.

Akron

Owners of a 19-game winning streak this year, the 12-seeded Zips could upset a former Cinderella in five-seed Virginia Commonwealth. However, the task is more daunting than it might have been before the Zips lost guard Alex Abreu for the season to injury. The team will rely heavily on future NBAer and seven-footer Zeke Marshall to escape the Rams' HAVOC defence, ranked in the top 10 in the nation.



Bucknell

The Bison (11-seed, East) aren't prone to turnovers and are a tall, strong team that rebounds well. Centre Mike Muscala averaged 19 points, 11.2 rebounds, 2.4 blocks and 2.4 assists this season for the Patriot League conference champs. If he dominates like he has all year against a smaller Butler team, Bucknell has the ingredients to make a run for the Sweet Sixteen.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	53	14	.791	—
Indiana	42	26	.618	11 1/2
New York	40	26	.606	12 1/2
Brooklyn	39	28	.582	14
Atlanta	38	30	.559	15 1/2
Chicago	36	30	.545	16 1/2
Boston	36	30	.545	16 1/2
Milwaukee	34	33	.507	19
Philadelphia	26	40	.394	26 1/2
Toronto	**26**	**42**	**.382**	**27 1/2**
Washington	23	43	.348	29 1/2
Detroit	23	46	.333	31
Cleveland	22	46	.324	31 1/2
Orlando	18	51	.261	36
Charlotte	16	52	.235	37 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	50	18	.735	1 1/2
Memphis	45	21	.682	5 1/2
L.A. Clippers	46	22	.676	5 1/2
Denver	47	22	.681	5
Golden State	39	30	.565	13
Houston	36	31	.537	15
L.A. Lakers	36	33	.522	16
Utah	34	33	.507	17
Dallas	32	35	.478	19
Portland	31	36	.463	20
Minnesota	23	42	.354	27
Sacramento	24	44	.353	27 1/2
Phoenix	23	45	.338	28 1/2
New Orleans	22	46	.324	29 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

WEDNESDAY'S RESULTS
Miami 98 Cleveland 95
Charlotte 107 Toronto 101
New York 106 Orlando 94
Atlanta 98 Milwaukee 90
Brooklyn at Dallas
Boston at New Orleans
Utah at Houston
Oklahoma City at Memphis
Golden State at San Antonio
Washington at Phoenix
Philadelphia at L.A. Clippers

TUESDAY'S RESULTS
Indiana 95 Orlando 73
Milwaukee 102 Portland 95
Denver 114 Oklahoma City 104
Sacramento 116 L.A. Clippers 101

THURSDAY'S GAMES — All Times Eastern
Portland at Chicago, 8 p.m.
Philadelphia at Denver, 9 p.m.
Minnesota at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	31	23	8	0	110	81	46
NY Rangers	29	15	12	2	70	70	32
New Jersey	30	13	11	6	74	84	32
NY Islanders	29	13	13	3	86	96	29
Philadelphia	30	13	16	1	81	92	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	29	19	5	5	92	73	43
Boston	28	19	6	3	82	60	41
Ottawa	30	16	8	6	77	65	38
Toronto	30	16	12	2	90	85	34
Buffalo	30	11	15	4	79	95	26

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	30	16	12	2	80	86	34
Carolina	29	15	12	2	84	82	32
Tampa Bay	30	13	16	1	98	90	27
Washington	29	12	16	1	79	87	25
Florida	30	8	16	6	74	110	22

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	29	24	2	3	100	62	51
St. Louis	29	16	11	2	87	83	34
Detroit	30	14	11	5	80	79	33
Columbus	30	12	12	6	68	79	30
Nashville	30	11	13	6	70	81	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	29	17	10	2	77	71	36
Vancouver	29	14	9	6	81	82	34
Edmonton	28	11	11	6	69	81	28
Calgary	27	11	12	4	78	91	26
Colorado	28	10	14	4	71	89	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	28	21	3	4	95	69	46
Los Angeles	29	17	10	2	88	73	36
San Jose	28	12	10	6	67	74	30
Phoenix	30	13	13	4	79	85	30
Dallas	28	13	12	3	73	84	29

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WEDNESDAY'S RESULTS
Toronto 4 Tampa Bay 2
Minnesota 4 Detroit 2
Dallas at Colorado
San Jose at Edmonton
Chicago at Anaheim

TUESDAY'S RESULTS
Ottawa 5 NY Islanders 3
NY Rangers 3 New Jersey 2
Florida 4 Carolina 1
Columbus 4 Nashville 3
Pittsburgh 2 Washington 1
Buffalo 3 Montreal 2 (OT)
Winnipeg 3 Boston 1
Vancouver 3 St. Louis 2
Los Angeles 3 Phoenix 2

THURSDAY'S GAMES — All Times Eastern
Florida at NY Rangers, 7 p.m.
Montreal at NY Islanders, 7 p.m.
New Jersey at Carolina, 7 p.m.
Toronto at Buffalo, 7 p.m.
Boston at Ottawa, 7:30 p.m.
Calgary at Nashville, 8 p.m.
Washington at Winnipeg, 8 p.m.
Vancouver at Phoenix, 10 p.m.
Dallas at Los Angeles, 10:30 p.m.

MAPLE LEAFS 4, LIGHTNING 2

First Period
1. Toronto, Lupul 3 (Kadri, Gunnarsson) 6:56
Penalties — Killorn TBL (tripping) 13:14, Lupul Tor (tripping) 13:39.
Second Period
2. Toronto, Phaneuf 5 (Gunnarsson, Kadri) 0:52
3. Toronto, Bozak 8 (Kessel, Fraser) 6:53
4. Toronto, Kulemin 4 (Kadri, Lupul) 7:22
Penalties — Fraser Tor (fighting) 0:29, Crombeen TBL (fighting) 0:29, Kadri Tor (interference) 8:09, Fraser Tor (roughing) 10:05, Conacher TBL (roughing) 10:05.
Third Period
5. Tampa Bay, Gudas 1 (Labrie, Crombeen) 7:44
6. Tampa Bay, Conacher 8 (Johnson, St-Louis) 17:02
Penalties — Lupul Tor (illegal check to head minor) 0:45, Gunnarsson Tor (holding) 5:07, Purcell TBL (hooking) 10:53.
Shots on goal:

Tampa Bay	6	11	11	—	28
Toronto	8	10	8	—	26

Goal — Tampa Bay: Garon (L, 3-8-0, start, 7:44 third, 18-15), Lindback (6:53 of second, 8-7); Toronto: Reimer (W, 10-4-2).
Power plays (goals-chances) — Tampa Bay: 0-4; Toronto: 0-2.
Attendance — 19,433 at Toronto.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Friends say you can do no wrong but for one reason or another you don't entirely believe them. Maybe you should reserve judgment until you feel more positive about yourself. When will that be? Any moment now.

♉ Taurus
April 21 - May 21
You live by certain standards but you cannot expect everyone else to live by them too. Sometimes, you can be a bit too judgmental. The planets warn that the person you judge today could be the one judging you tomorrow.

♊ Gemini
May 22 - June 21
Do you commit yourself to a course of action that could boost your reputation or do you play safe and leave things just as they are? You were born to take chances.

♋ Cancer
June 22 - July 23
Everything you touch will turn out just right today. But don't get carried away as the planets warn your gains could be wiped out if you push your luck too far. Know when to stop.

♌ Leo
July 24 - Aug. 23
The only pressure you will feel today is the pressure you choose to put on yourself. Whatever your problems, push them to one side and focus only on things that make you happy.

♍ Virgo
Aug. 24 - Sept. 23
You seem to be on the verge of accepting some kind of deal, and it certainly looks good. But appearances can be deceptive and the planets warn you should wait a day or two.

♎ Libra
Sept. 24 - Oct. 23
By all means, tell the truth today but expect some kind of backlash for your honesty. Other people will not be happy if you point out their failings, so ask yourself: Is it really worth opening my mouth?

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are following a path you have taken before, you could fall on your face today. That does not mean you should stay home — just watch where you put your feet!

♐ Sagittarius
Nov. 23 - Dec. 21
You may be confident that a scheme of some kind cannot fail but don't expect too much of it right away. The omens are good for the long-term but in the short-term there may be one or two setbacks.

♑ Capricorn
Dec. 22 - Jan. 20
You believe in telling it as you see it, which is good. But some people can be super sensitive to criticism, so don't overdo it. Tone down your comments a bit today so you are less likely to get a negative reaction.

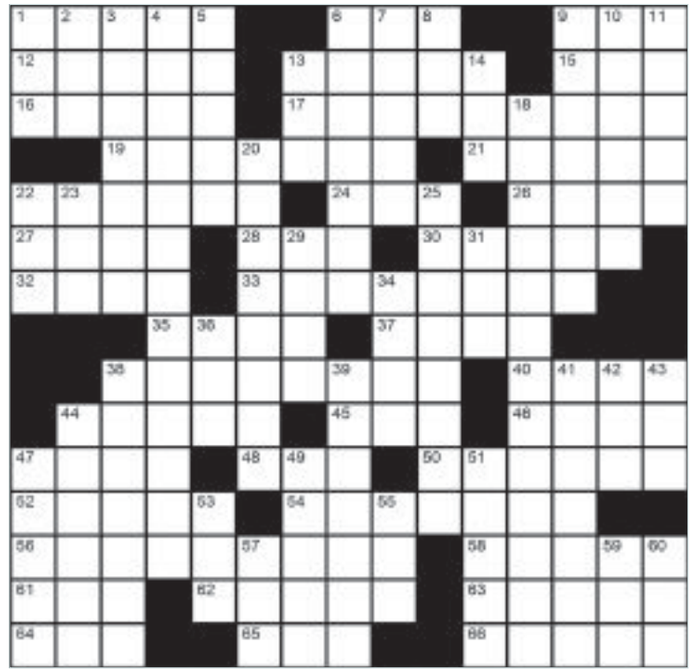
♒ Aquarius
Jan. 21 - Feb. 19
Some people prefer to get others to help them rather than do things for themselves and one such person is beginning to annoy you. Let them know in no uncertain terms that you will no longer indulge their laziness.

♓ Pisces
Feb. 20 - March 20
You may be tempted to ditch a project that has already been started and begin all over again but is that truly necessary? No, it's not. It will come out right.

SALLY BROMPTON

Crossword: Canada Across and Down

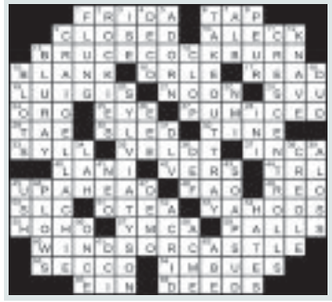
BY KELLY ANN BUCHANAN



Across
1. Ms. Lake of TV talk
6. Inc., in England
9. Booker T.'s backup
12. Walk _ __ line
13. __ corn: 2 wds.
15. Queen's "We __ the Champions"
16. "You can __ _ horse to water..."
17. Seth Rogen flick, with The: 2 wds.
19. Connecting-stuff-to-a-PC spot, _ _ _ ___
21. Wander
22. Spa treatment
24. "The Addams Family" cousin
26. 911 respondents
27. Secret __. (Alias)
28. Dined
30. Roy __, Robert Redford's "The Natural" (1984) role
32. Ernie's muppet friend
33. Fajita need
35. Crown getter
37. Latin hymn: "Dies __"
38. Back together
40. Face part
44. Jacket sported by a '60s rocker
45. Ex-Bruin Bobby
46. Honeymaker's home
47. _ ___ _ (Edmonton sch.)
48. Chairman in The Beatles' "Revolution"
50. Spoke from the podium
52. Fishhook line
54. Beavers, whilst using their teeth
56. Toronto-based romance novel publisher
58. "Going to _ __-__" by Smokey Robinson & The Miracles
61. Scot's uncle
62. Kelly Clarkson's "Since _ __ Gone"
63. Camping needs
64. Riddle-me-__
65. "Hiss!"
66. Toronto football players, to fans

Down
1. Singer Mr. Donner
2. 'Favour' suffix
3. The Canterbury†Tales writer
4. Canuck sketch comedy troupe: The __: 4 wds.
5. "Dancing with the Stars" judge Carrie Ann
6. Sir Wilfrid __
7. Country singer, Travis __
8. Cdn. currency
9. Xylophone-like instrument
10. Defrauds
11. Sevens: French
13. Inflated id
14. Bouquet delivery co.
18. "Brand New Low" band from Sault Ste. Marie: 2 wds.
20. "Doesn't Really Matter" by __ Blonde
22. Little lie
23. 'Lemon' suffix
25. Fairly-near-the-stage area: 2 wds.
29. Ms. Spelling
31. 'Pay' suffix
34. Level
36. Italy's li'l locale
38. Sports official
39. Two-dollar coins
41. NYC's Brill Building output: 2 wds.
42. "__ Got a Feeling" by The Beatles
43. Heath Ledger/Orlando Bloom movie, "__ Kelly" (2003)
44. Generic grocery store brand: 2 wds.
47. One-named male vocalist
49. Chills
51. Ranch in "Giant" (1956)
53. Currency in Romania
55. Ms. Jillian
57. Some CFL players
59. Ronny & The Daytonas smash
60. Old spy gr.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	9	8	3	4	6	2	5	7
4	7	6	5	2	1	8	3	9
3	5	2	7	8	9	1	4	6
8	3	7	9	5	2	6	1	4
2	4	5	6	1	7	3	9	8
6	1	9	4	3	8	7	2	5
9	6	3	1	7	4	5	8	2
5	2	4	8	6	3	9	7	1
7	8	1	2	9	5	4	6	3

Weather

TODAY	FRIDAY	SATURDAY
MAX: -9° MIN: -20°	MAX: -6° MIN: -14°	MAX: -1° MIN: -8°

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ANNOUNCEMENT
Murray Chevrolet is pleased to Welcome
ALI ABUKWEIK to our Sales Team.

Ali joined our team Feb 11th and brings to us over 10 years experience as a leading Sales Professional selling Chevrolets in Winnipeg.
With Ali's passion for vehicles and professional sales track record, he is a positive addition to our company and we enthusiastically welcome him to our team.
We invite all of Ali's future customers to stop by Murray Chevrolet to congratulate him.

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